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HOMEMAKERS' CHAT

MONDAY, August 5, 1940

(FOR BROADCAST USE ONLY)

Subject: "VEGETABLE SWEETS." Information approved by the Bureau of Home Economics, U. S. Department of Agriculture.

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Ordinarily you wouldn't think of vegetables for preserves or jam or other sweet spreads. Ordinarily you would use fruits. But sometimes vegetable sweets are a good idea and a thrifty idea. Sometimes you don't have enough fruit for both canning and preserving. You want to can what little fruit you have. But still, you'd like a few jars of preserves or jam for the pantry shelf. That's when to call on vegetables. Or maybe you have some extra vegetables in the garden you can't use in other ways. Or perhaps you'd just like to put up some different preserves----a novelty in sweet relishes.

So you may be glad to know about a few of the good sweets you can make with vegetables. Three familiar vegetables you can put up with sugar are tomatoes, carrots, and pumpkin.

Many people consider the tomato a fruit rather than a vegetable anyway. Tomatoes certainly are enough like fruit so you might expect them to make good preserves. And they do, especially when they're cooked with lemon or orange, and gingerroot to give a fine blend of flavor. The little yellow pear-shaped tomatoes that grow in home gardens but don't sell much on the market are fine for preserves. So are the tiny round tomatoes called "ground cherries." And so are the usual everyday big red tomatoes.

Here's how to make tomato preserves. Wash the tomatoes and cut out the stem-end, but leave the skin on. (Yes, you can take the skin off, but they're more likely to go all to pieces in cooking.) Weigh the tomatoes. To each pound of tomatoes use



three-fourths cup of water, one-fourth lemon cut in thin slices, and one piece of gingerroot. Boil the lemon slices in a little water until tender. Make a sirup by boiling the rest of the water and the sugar for 5 minutes. Now add the tomatoes, the gingerroot, the lemon and the water the lemon cooked in. Boil until the tomatoes are clear and the sirup rather thick. Skim off any white froth or scum that comes to the top. Then pour the preserves at once into hot sterilized jars and seal them.

You'd be surprised what a good jam or fruit butter you can make of apple and tomato. Here's how to make the jam: Use one quart of cut tomatoes....one quart of diced apples....2 lemons, cut in small pieces.....and 6 cups of sugar. Cook the lemon until tender in a little water. Then combine all the ingredients and cook until the jam is thick and clear. Pour the hot jam in hot sterilized jars and seal.

For tomato and apple butter you press cooked tomatoes and cooked apple through a sieve. Then mix 2 cups of the sieved tomato with 2 cups of the sieved apple and add 3 cups of sugar, the juice and grated rind of an orange, and one 2-inch stick of cinnamon. Heat and stir until the sugar dissolves. Then boil, stirring frequently, until the mixture is thick and clear. Take out the stick of cinnamon just before you pour the hot mixture in hot sterilized jars. Seal the jars.

There are 3 good sweet mixtures you can put up using your garden tomatoes.

Now, let's consider carrots. The bright yellow color of carrots makes preserves that look like sunshine. On a dark day in midwinter a bowl of "carrot honey" served with the meat brings sunshine to the dinner table. "Carrot honey" is the name of a jam made of grated carrot, lemon, and sugar. It's easy and cheap to make. Into your saucepan put one quart of grated raw carrot; 4 cups of sugar; the grated rind of 2 lemons; and the juice of 4 lemons. Mix them all together, and heat slowly until the sugar dissolves. Then boil, stirring often, until the mixture is thick and clear.



By the way, Christmas is coming. Why not put up a few extra jars of carrot honey for Christmas greetings?

Carrots make a very pretty jellied conserves, too. To make carrot conserve, mix 3 cups of cooked diced carrots with 2 cups of sugar, and the juice and grated rind of 2 lemons and one orange. Boil the mixture rapidly until it is thick and clear. Then add a half cup of almonds you have blanched and shredded. Pour the hot conserve into jars and seal. Or pour into clean, hot glasses. When cold, seal the glasses with paraffine as you do with jelly.

Lots of people have the idea pumpkins aren't good for much but pie and Jack-O-Lanterns. That's because they've never tried spiced sweet pickle made from pumpkin. Make it this way: Pare pumpkin and cut in cubes until you have 2 quarts full. Make a spiced sirup of one pound of sugar and one quart of vinegar with a little cloth bag of whole cloves and 3 or 4 half-inch sticks of cinnamon cooked in it. Add pumpkin and cook until tender. Remove the bag of spices. Pour the hot pickle into hot sterilized jars and seal.

Well, there you have some of the ways to use your extra garden vegetables for sweet relishes.

